

Workout Studio



Drop-In visit: \$3.00/visit

OR Purchase a Multi-pack and SAVE:

10 Pack - \$25.00 · 20 Pack - \$45.00 · 40 Pack - \$80.00
(Prices include HST)

Youth ages 13-15 wishing to use the workout studio must first attend 2 orientation sessions. Orientation sessions are offered Mondays 4:30-5:00pm or Saturdays 8:45-9:15am.

Fall Hours of Operation

November 6 - December 21, 2018

Monday: 6:00am - 9:00 am · 11:30 - 2:30 pm · 4:30 - 9:30 pm
Tuesday: 6:00am - 9:00 am · 11:00 - 2:30 pm ·
4:30 - 7:00 pm · 7:45 - 9:30 pm
Wednesday: 6:00am - 9:00 am · 11:30 - 2:30 pm ·
4:30 - 9:15 pm
Thursday: 6:00am - 9:00 am · 11:00 - 2:30 pm ·
4:30 - 7:00 pm · 7:45 - 9:15 pm
Friday: 6:00am - 9:00 am · 9:30 - 2:30 pm · 4:30 - 8:00 pm
Saturday: 7:30am to 2:00pm
Sunday: 8:30am to 2:00pm

CLOSED: Sept 3, Oct. 8, Nov. 11, Dec 25, 26
Dec. 22, 24, 29 & 31 (watch for more details)
(All hours subject to change)